



# GROWING HEALTHY SCHOOLS MONTH

Initiative of the Office of the State Superintendent of Education

## Connect with a Farmer

Growing Healthy Schools Month is the perfect time to engage students and the school community with folks who are growing food all around the nation's capital. While many students may have already experienced a farm field trip, we hope this month inspires you to plan something special that will take your farm-to-school program to the next level. Below are some recommendations to help you get started.

### ACTIVITY/ PROJECT

Bring a local farmer into the classroom.

Take a field trip to a local farm or demonstration garden.

Connect with the local Future Farmers of America chapter.

Teach a lesson about careers in the agriculture industry.

Start a 4-H club at your school.

### SUPPORTING RESOURCES

Sign up on the Growing Healthy Schools Month webpage.

Check out the "[Farm to School Approved](#)" field trip sites and watch a short video about each place you could take your students.

Use the [chapter locator](#) to find a program nearby – take your students on a trip to visit the program or have someone from the local chapter come speak to your classroom.

Use this [sample lesson plan](#) or develop your own in conjunction with your school garden coordinator or a local farmer.

The [Center 4-H and Youth Development](#) at the University of the District of Columbia has 5 Steps to Starting a Club, plus some great tips for involving parents!

If you would like assistance planning or implementing any of these project, please contact Erica Walther, Farm to School Specialist at the Office of the State Superintendent of Education by emailing [erica.walther@dc.gov](mailto:erica.walther@dc.gov).

